Quick Life Update And A Little About Cardiovascular- And Heart Health

By Joachim Bartoll | Feb. 1st, 2025

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January just passed by and I've had two "short" fasts this year, as in Monday afternoon until Thursday morning, or about 62 hours each fast. The first fast was between week 2 and 3, and the second fast was between week 4 and 5. Both fasts were pretty much dry fasts (about 48 hours or more of dry fasting,) as in no drinking, no liquids.

Why only 62 hours? Well, I wanted to fit it in with my gym-schedule as I usually train together with my brother, and he usually work Tuesdays and Wednesdays in another city, while he works from home during the rest of the week (just like me,) allowing us to visit the gym in the early mornings 3 to 4 times a week (but we always have Tuesday and Wednesday off, making it for an ideal two days of fasting.)

And the main reason for the fasts was that I felt a bit fatigued after a stressful period stretching from late November and all through December into early January. In late November, my father had to move to a new retirement home — from a fairly big 2-room apartment (72 kvm) to a small 1-room (28 kvm) located in a huge building reminding us more of a hospital than a retirement home. So, once again, we had to clean out an apartment, go through a lot of stuff, put some in storage and throw away the rest. And even worse, at his old retirement home he had help with cooking and could also order food, choosing between three different meals every day (so he could go with the meat or fish option.) Now, at this new place, they only serve two meals a day and there are no options. You either eat, or you don't. And while he has a small "hotel-like" refrigerator and

hotplate in his room, he can barely use it on his own. And of course, most meals they serve are plant-based as they are brainwashed morons (and the people running the show want the old people to die as quickly as possible, so they can shuffle in new arrivals.)

So to make a long story short, due to stress and poor food, my father had a second stroke during Christmas and spent three weeks at the hospital. Fortunately, we have now made sure that he at least can cook some eggs to get some of the crucial animal fats and life-saving cholesterol. And while he is feeling better, you can tell that the reduced life quality of the living situation takes its toll.

As for myself, I noticed a decline in my sleep and resting heart rate late last year due to everything that was going on, and it also showed in my Oura Ring app, which is kind of interesting and useful in that regard.

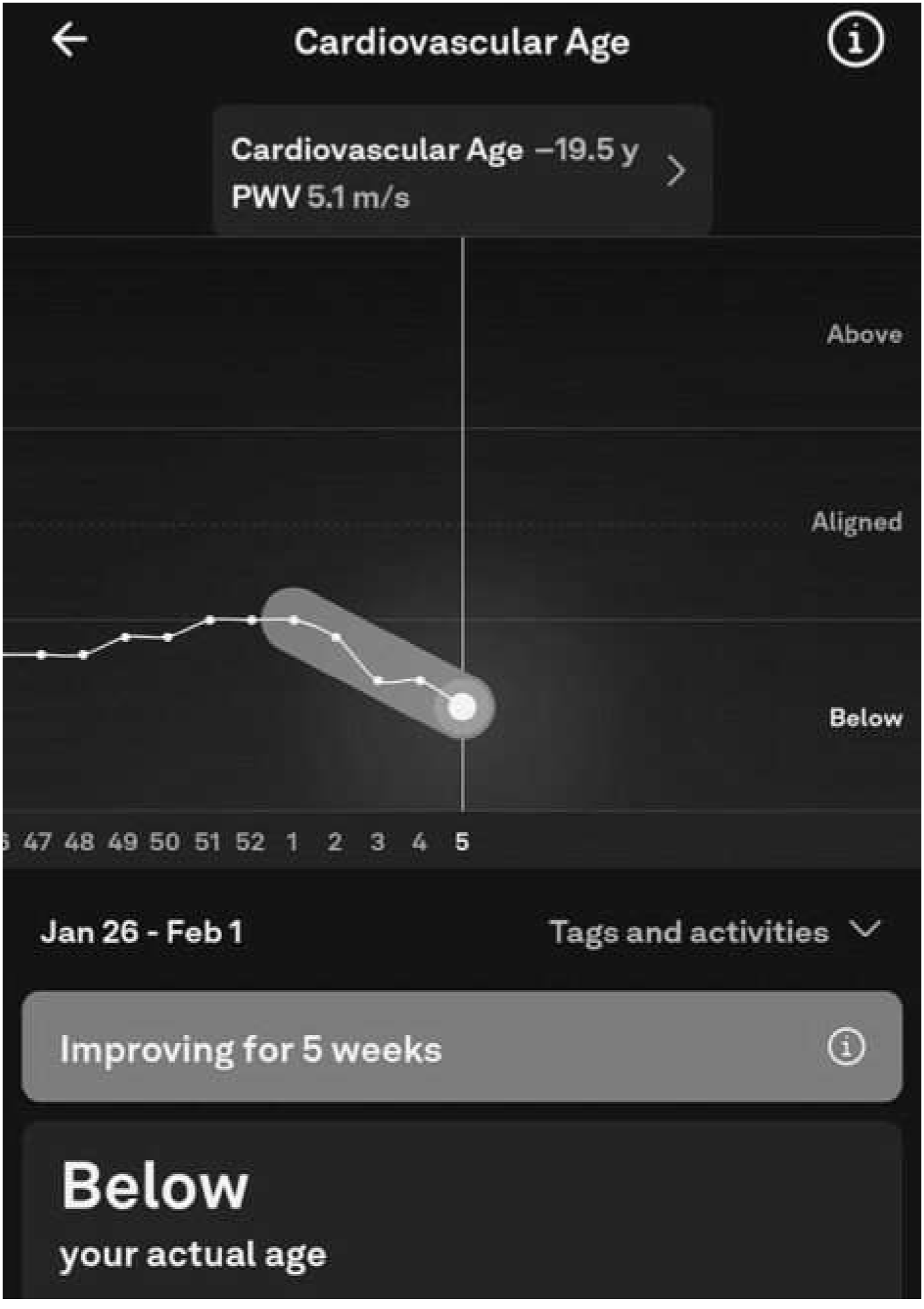
My "cardiovascular age," as calculated by all heart- and cardiovascular measurements, was around 18 years below my actual age in November. Then it increased to be only 16 years below my actual age as we entered 2025. So, I once again increased my consumption of raw egg yolks, from the usual 5 to 6 a day to 12 to 14 yolks a day, and then I did my first fast between week 2 and 3. Usually, my resting heart rate is somewhere between 46 and 52, depending on workload and exercise. When entering 2025, it had risen to between 56 and 60, and when I did my first fast after simply increasing egg yolks, it had lowered to about 54 to 58, which is still a bit high for me.

However, after the first fast, after only two days, it immediately fell back to between 50 and 54. And after the second fast between weeks 4 and 5, it is now between 47 and 51 again.

However, the funny thing is that during the second week of 2025, before the first fast, my "cardiovascular age" was calculated at 16 years below my actual age, and

some strategic fasting, folks.

now, after two short fasts and focusing more on animal fats than previously, it decreased to a record low 19.5 years below my actual age — as in that of a 31.5-year-old. Also, my Pulse Wave Velocity (PWV,) which is a measure of arterial stiffness (lower is better,) decreased from 5.8 to 5.1. In the past it's been around 5.3, so that's another low. So, I'm still improving as I'm approaching 51-years of age. That's the power of our natural human animal-based diet and


Cardiovascular Age
Cardiovascular Age −19.5 y
PWV 5.1 m/s
Above
Aligned
Below
47 48 49 50 51 52 1 2 3 4 5
Jan 26 - Feb 1
Tags and activities
Improving for 5 weeks
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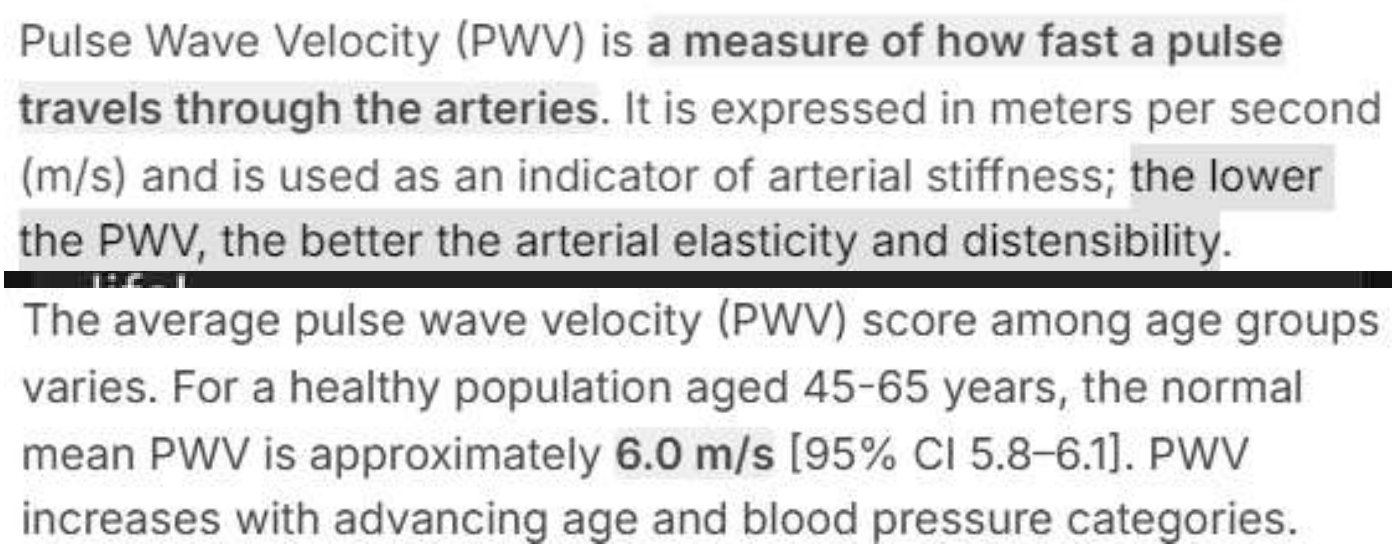
Pulse Wave Velocity (PWV) is a measure of how fast a pulse travels through the arteries. It is expressed in meters per second (m/s) and is used as an indicator of arterial stiffness; the lower the PWV, the better the arterial elasticity and distensibility.
The average pulse wave velocity (PWV) score among age groups varies. For a healthy population aged 45-65 years, the normal mean PWV is approximately 6.0 m/s [95% CI 5.8–6.1]. PWV increases with advancing age and blood pressure categories.

And with that, keep in mind that I was only weeks from dying in 2018 from tumors and organ failure, and during that time, my heart health was very bad, as in actually worse than my age. I remember that my resting heart rate was between 80 and 90, and as soon as I simply walked a little, it shot up above 130. Nowadays, actually as of 2020, I hardly reach 120 when exercising hard and my resting heart rate is usually below 50. So, with only a few years of raw carnivore, I turned it around completely and my body is actually healthier than it's ever been — and still improving as I close in on 51-years of age.

With that being said, simply sticking to my raw carnivore diet, I would eventually have reached these numbers as long as I do not overwork myself (as I'm still healing from the injuries on my brainstem.) The fasting simply accelerated my recovery process manyfold, and that is why we use it — not to mention that it also accelerates detoxification, which is always a good thing considering today's polluted world.

I just thought I would share this little tidbit, and it also proves another little thing — for those who understand physiology. But we'll keep that for another update or article...

Ok, then. Having a low resting heart rate and a low "cardiovascular age," as in a high HRV (heart rate variability) and low PWV, proves that I'm not taking any

kind of performance enhancing drugs, no stimulants, and that my testosterone levels are within normal physiological ranges, as abnormal levels of testosterone interfere with the autonomic nervous system and the heart. Anyone using anabolic steroids and achieving unnatural testosterone levels will have a really hard time getting below a resting heart rate of 60, much less 55.

And as for heart rate variability, mine is usually between 60 and 80 ms. According to available data, elite athletes can have HRV scores ranging from 35 to 107 milliseconds. This range is higher compared to the average HRV scores for healthy adults, which are generally between 19 and 48 milliseconds for those aged 38 to 42 years. Again, using anabolic steroids, as in synthetic testosterone, will dramatically reduce your HRV score, usually down to 30 or even 20 ms, and it can take months to recover once you're off, or even longer.

A good and healthy heart rate variability (HRV) score can vary based on age, gender, and fitness level. Generally, higher HRV is associated with better health and faster recovery from stress. For adults, a normal HRV range can extend from **below 20 to over 70 milliseconds at rest**, as measured by the RMSSD parameter. However, young athletes may exhibit HRV exceeding 200 milliseconds.

According to recent data, the median HRV for women is 35, while the mode (most common) HRV is 27. For men, the median HRV is 38, and the mode is also 27.

According to biology, physiology, and biochemistry, using anabolic steroids can indeed have significant effects on the cardiovascular system. Research has shown that achieving testosterone levels above normal physiological levels through anabolic steroid use can **increase resting heart rate and reduce heart rate variability (HRV).**

A decrease in HRV is often associated with a worse cardiovascular age, as it can indicate an imbalance in the autonomic nervous system's control over the heart. This imbalance can lead to various cardiovascular problems, including atrial fibrillation, myocardial infarction, and sudden death. The reduction in HRV is thought to be caused by decreased vagal and parasympathetic activity in the heart, which can slow the recovery of heart rate post-exercise.

And that is about it for this time. I do have some other topics I would like to cover, but that will have to wait until the next update. And yes, my dogs are doing great. Odin is shedding his undercoat like crazy (the last two months.)

If you need help with any kind of health problems or transitioning from your current way of eating to our natural species-appropriate, species-specific way of eating, I'm available for both coaching and consultation.

Coaching and Consultation

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